

Benefit Focus News

Office of Group Insurance

SEPTEMBER 2015



this issue

New OGI Administrator
Employee Assistance Program
Move It! Challenge

Meet Our New Administrator!

Please join us in welcoming **Jennifer Pike**, as the new Office of Group Insurance Administrator. Jennifer has been with the Department of Administration for over seven years and is a Certified Public Manager® with a degree in Business Management. Jennifer brings with her a wealth of education and experience in the public sector.

In her previous capacity as the Department's Public Information Specialist, Jennifer was involved in a great many special projects and activities. Jennifer assisted in the development and implementation of **thriveidaho** and the state's first ever dependent eligibility verification process. We are very pleased to have Jennifer assume the role of Administrator.

"I am really excited to be a part of the Group Insurance team. I look forward to supporting State of Idaho employees with their insurance needs."

Jennifer Pike, CPM



We've seen great participation in the first few months of the new **thriveidaho** year! Over 1500 employees have participated in at least one **thriveidaho** activity.

The first checks will be distributed at the end of October to eligible employees who have earned 85 or more points in July, August and September. To receive a check in October you need to earn 85 or more points by **September 30** be an active employee for payroll processing purposes.

As a reminder the \$250 cash reward is subject to taxes and payroll deductions. The next round of checks will be sent in January.

For more information about getting started with **thriveidaho** and earning your points, please visit thrive.idaho.gov.



thriveidaho Challenges

Over 950 employees joined the **Strive for Five** challenge and have started adding more fruits and veggies into their diets.

Congratulations to the winners of the weekly fruit basket drawings were:

- Tiffany Kinzler
- Cindy Wang
- Bert Hartz
- Pamela Lottman

Looking to participate in another challenge? **Join us for the Move It! Challenge from OCT 1 - 29!** Sign-ups begin September 24!

Get started on the right foot with our **Easy Ways to Add Movement to Your Day** webinar.

WHEN: September 24th
11:30am – 12:00p.m.(MT)

RSVP for the webinar by emailing

thriveidaho@adm.idaho.gov
or by calling 208-332-1881.

Employee Assistance Program

Personal issues, planning for life events or simply managing daily life can affect your work, health and family. Your Employee Assistance Program (EAP) provides support resources and information for personal and work-life issues. The Employee Assistance Program is company-sponsored confidential and provided at no charge to you and your dependents. Here are some ways the Employee Assistance program can support you:

Confidential Counseling

This no cost counseling service helps you address stress, relations and other personal issues you and your family may face. It is staffed by GuidanceConsultantsSM-highly trained master's and doctoral level clinicians who will listen to your concerns and quickly refer you to in-person counseling and other resources for stress, anxiety and depression, relationship/marital conflicts, problems with children, job pressures, grief and loss & substance abuse.

GuidanceResources Online

GuidanceResources Online is your one stop for expert information on the issues that matter most to you... relationships, work, school, children, wellness, legal,

financial, free time and more.

At GuidanceResources Online, you can find:

- Timely articles, HelpSheetsSM, tutorials, streaming videos and self-assessments
- Ask the Expert personal responses to your questions
- Child care, elder care, attorney and financial planner searches

CALL ANYTIME

CALL: 877-427-2327

TDD: 800-697-0353

ONLINE:

guidanceresources.com

Your Company Web ID:
SOIEAP

"Whenever I have questions or need help, I call GuidanceResources for confidential information and assistance."

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For comments or suggestions for future editions of Benefit Focus, please email: ogi@adm.idaho.gov.